NAC Trail
Cucujães
26-maio-2019

TRAIL LONGO - STAGE 1 — 24 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

	Time	Temperature	Humidity
Start	09:00	-99ºC	-99%
End	14:38	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	77	Nelson Costa	escola atletismo de coimbra	Veterano M40	02:22:28		05:56
2	27	Marcelo Araújo	focoteam24	Senior Masculino	02:25:48	+03:20	06:05
3	101	Ricardo Almeida	morcegos trail	Senior Masculino	02:29:12	+06:44	06:13
4	110	João Alves	nac trail	Veterano M40	02:29:44	+07:15	06:14
5	135	Toze Amorim	serviços sociais câmara santa maria feira	Veterano M45	02:32:55	+10:27	06:22
6	8	Bruno Silva	btt isolamais	Veterano M40	02:34:48	+12:19	06:27
7	121	António Manuel Esteves Oliveira da Silva	opraticante.pt	Veterano M40	02:40:38	+18:10	06:42
8	23	Diogo Pimenta	dci/trilhos luso bussaco	Senior Masculino	02:40:58	+18:29	06:42
9	84	Luis Miguel Cunha	individual	Veterano M45	02:41:22	+18:53	06:43
10	61	Ricardo Carreira	individual	Senior Masculino	02:44:34	+22:06	06:51
11	51	António Pinto	individual	Senior Masculino	02:45:53	+23:25	06:55
12	99	David Coutinho	jobra - associação jovens da branca	Veterano M40	02:49:45	+27:16	07:04
13	92	António Pinto	individual	Veterano M50	02:54:20	+31:51	07:16
14	1	Fernando Lima	nac trail	Veterano M40	02:54:36	+32:08	07:17
15	6	Antonio fernandes	amigos do trail	Veterano M40	02:55:15	+32:46	07:18
16	139	José Rosário	sporting club santacruzense	Veterano M40	02:56:51	+34:23	07:22
17	106	João Leite	nac trail	Senior Masculino	03:01:15	+38:46	07:33
18	122	Bruno Macedo	os caga tacos running team	Veterano M40	03:02:04	+39:36	07:35
19	73	Jorge Lopes	equipa a	Veterano M40	03:03:14	+40:46	07:38
20	113	António Fernandes	nac trail	Veterano M55	03:05:54	+43:26	07:45
21	131	Manuel Ferreira (ZOLA)	pupilos zé to	Veterano M60	03:06:50	+44:22	07:47
22	130	Leonel Cordeiro	porto de mós a correr	Veterano M45	03:08:47	+46:19	07:52
23	132	Luís Costa	runners do demo	Veterano M40	03:12:15	+49:47	08:01
24	43	João Filipe Martelo de oliveira	grvilaverdense	Veterano M45	03:12:48	+50:20	08:02
25	39	Amilcar Ramos	grvilaverdense	Veterano M40	03:12:49	+50:21	08:02
26	30	RICARDO RIBEIRO	ginásio fit4fun	Senior Masculino	03:13:49	+51:21	08:05
27	36	LUÍS PINHO	ginásio fit4fun	Veterano M45	03:13:50	+51:22	08:05
28	56	Carlos Ruben da Rocha Magalhães	individual	Senior Masculino	03:13:58	+51:30	08:05
29	87	Ricardo Rocha	individual	Veterano M45	03:14:17	+51:48	08:06
30	72	Jorge Gomes	individual	Veterano M40	03:14:24	+51:55	08:06
31	90	Adriano matias dos santos lima oliveira	individual	Veterano M50	03:14:26	+51:57	08:06
32	136	Nuno Teixeira	sportarc.running	Senior Masculino	03:17:21	+54:53	08:13
33	138	Daniel pereira	sporting club santacruzense	Senior Masculino	03:17:22	+54:53	08:13
34	5	Vitor Pereira	águeda action club - actib	Senior Masculino	03:21:20	+58:51	08:23
35	108	Dulce Bastos	nac trail	Veterana F45	03:23:40	+01:01:12	08:29
36	47	Cristiana Ferreira	individual	Senior Feminino	03:24:05	+01:01:36	08:30
37	144	André Silva	viseu running team	Veterano M40	03:25:33	+01:03:04	08:34
38	60	marco da silva pinheiro vasconcelos	individual	Senior Masculino	03:27:30	+01:05:02	08:39
39	129	Paula Pita	porto de mós a correr	Veterana F40	03:29:21	+01:06:52	08:43

TRAIL LONGO - STAGE 1 — 24 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	50	André Ribeiro	individual	Senior Masculino	03:31:18	+01:08:50	08:48
41	120	Pedro Rocha	ofrunning	Senior Masculino	03:31:25	+01:08:56	08:49
42	126	Jorge Santos	outlaw runners	Veterano M50	03:35:39	+01:13:10	08:59
43	112	AGOSTINHO COSTA	nac trail	Veterano M55	03:36:35	+01:14:07	09:01
44	140	Susana Flores	susana flores	Senior Feminino	03:36:44	+01:14:16	09:02
45	7	Conceição Ferreira	aztrail/mercentro	Veterana F50	03:37:28	+01:15:00	09:04
46	52	Bruno Almeida	individual	Senior Masculino	03:38:04	+01:15:35	09:05
47	143	Bruno Moreira	trailerz	Senior Masculino	03:38:04	+01:15:36	09:05
48	133	Joaquim lobato	running espinho	Veterano M50	03:38:07	+01:15:39	09:05
49	9	Filipe Mota	c.d.c. paradela	Senior Masculino	03:38:50	+01:16:22	09:07
50	10	Jil Coelho	c.d.c. paradela	Senior Masculino	03:38:51	+01:16:22	09:07
51	102	Ana Catarina Venda Feminino Fonseca	nac trail	Senior Feminino	03:39:05	+01:16:37	09:08
52	104	Fábio Almeida	nac trail	Senior Masculino	03:39:06	+01:16:38	09:08
53	123	Filipe Pinho	outlaw runners	Veterano M40	03:41:39	+01:19:11	09:14
54	107	Pedro Henriques	nac trail	Senior Masculino	03:42:19	+01:19:51	09:16
55	68	Emanuel Cabeça	individual	Veterano M40	03:45:41	+01:23:13	09:24
56	83	Jorge Nunes	individual	Veterano M45	03:47:12	+01:24:43	09:28
57	64	Fátima Tavares	individual	Veterana F40	03:47:43	+01:25:15	09:29
58	38	paula coto	grvilaverdense	Veterana F45	03:48:22	+01:25:54	09:31
59	42	Carlos Palaio	grvilaverdense	Veterano M45	03:48:23	+01:25:55	09:31
60	41	Paulo Rocha	grvilaverdense	Veterano M40	03:48:24	+01:25:55	09:31
61	124	Carlos Couto	outlaw runners	Veterano M45	03:53:31	+01:31:02	09:44
62	96	Paulo Alexandre dos Santos Tavares	individual	Veterano M50	03:53:35	+01:31:07	09:44
63	125	Vitor Folgado	outlaw runners	Veterano M45	03:56:00	+01:33:31	09:50
64	71	Joaquim Baptista	individual	Veterano M40	03:56:21	+01:33:53	09:51
65	89	sérgio pinto almeida	individual	Veterano M45	03:56:34	+01:34:05	09:51
66	21	Severina Almeida	correio de albergaria trail running	Veterana F40	03:56:37	+01:34:09	09:52
67	22	Humberto Almeida	correio de albergaria trail running	Veterano M45	03:57:23	+01:34:55	09:54
68	20	Silvério Oliveira dos Santos	clube pessoal águas gaia	Veterano M45	03:57:39	+01:35:10	09:54
69	12	Helder Marques	caldas s. jorge sport clube	Senior Masculino	03:58:04	+01:35:36	09:55
70	44	jf bugalho	grvilaverdense	Veterano M50	03:58:50	+01:36:22	09:57
71	119	Sofia Coelho	núcleo de montanha de espinho	Veterana F45	03:58:52	+01:36:24	09:57
72	98	JOSE FARO	javalis - amizade & gloria	Veterano M45	04:00:13	+01:37:44	10:01
73	141	susana castro	trail runners family	Veterana F40	04:00:17	+01:37:49	10:01
74	142	Fernando Marques	trail runners family	Veterano M40	04:00:18	+01:37:49	10:01
75	35	LUIS ALMEIDA	ginásio fit4fun	Veterano M45	04:01:05	+01:38:37	10:03
76	34	ÂNGELO PINHO	ginásio fit4fun	Veterano M45	04:01:06	+01:38:37	10:03
77	32	ANA PISSARRA	ginásio fit4fun	Veterana F45	04:01:06	+01:38:37	10:03
78	25	Alexandre Pereira	equipa a	Veterano M40	04:01:08	+01:38:39	10:03
79	116	Raquel Vasoncelos	no tomorrow running team	Veterana F40	04:05:23	+01:42:54	10:13
80	114	Dora Dias	no tomorrow running team	Senior Feminino	04:06:47	+01:44:19	10:17
81	18	Carlos Cardoso	clube atletismo lamas	Veterano M45	04:06:48	+01:44:19	10:17
82	97	Antonio Gonçalves	individual	Veterano M55	04:12:04	+01:49:35	10:30
83	128	Manuel Constantino Silva	perna manca	Veterano M50	04:12:05	+01:49:37	10:30
84	127	António Constantino Silva	perna manca	Veterano M40	04:12:05	+01:49:37	10:30

TRAIL LONGO - STAGE 1 — 24 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	79	Rui Familiar	individual	Veterano M40	04:12:06	+01:49:37	10:30
86	45	Ana Luísa	individual	Senior Feminino	04:12:17	+01:49:49	10:31
87	95	Mário Costa Pereira	individual	Veterano M50	04:14:02	+01:51:34	10:35
88	19	Fernando Soares	clube campismo de s. joão da madeira	Veterano M45	04:15:06	+01:52:38	10:38
89	86	Paulo	individual	Veterano M45	04:19:28	+01:56:59	10:49
90	11	Manuel Guedes	c.i.a. alpendorada	Veterano M40	04:19:59	+01:57:31	10:50
91	40	Joel Jacinto	grvilaverdense	Veterano M40	04:23:01	+02:00:33	10:58
92	29	licinia Santos	garças	Veterana F50	04:24:41	+02:02:13	11:02
93	80	Sérgio Marco Medeiros Tavares	individual	Veterano M40	04:24:44	+02:02:15	11:02
94	28	CARMO SILVA	garças	Veterana F50	04:24:44	+02:02:15	11:02
95	17	Américo Manuel Graça Gomes	clube atletismo lamas	Veterano M45	04:25:00	+02:02:31	11:03
96	16	Hélder SILVA	clube atletismo lamas	Veterano M40	04:25:01	+02:02:33	11:03
97	91	Antero Cunha	individual	Veterano M50	04:27:50	+02:05:22	11:10
98	55	Carlos guilherme	individual	Senior Masculino	04:34:43	+02:12:15	11:27
99	53	Bruno cavadas	individual	Senior Masculino	04:34:45	+02:12:16	11:27
100	54	Bruno conceiçao	individual	Senior Masculino	04:34:46	+02:12:17	11:27
101	70	Hugo Pinto	individual	Veterano M40	04:36:37	+02:14:08	11:32
102	67	Edgar Bruno Freitas Câmara	individual	Veterano M40	04:40:40	+02:18:12	11:42
103	62	Tiago Ferraz	individual	Senior Masculino	04:52:06	+02:29:38	12:10
104	63	Tony Lopes	individual	Senior Masculino	04:52:07	+02:29:38	12:10
105	58	Helder Lopes	individual	Senior Masculino	04:52:07	+02:29:38	12:10
106	75	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	individual	Veterano M40	04:58:10	+02:35:42	12:25
107	37	Catarina Romualdo	grvilaverdense	Veterana F40	05:04:46	+02:42:17	12:42
108	81	Carlos Lancha	individual	Veterano M45	05:04:52	+02:42:24	12:42
109	33	PAULO CORREIA	ginásio fit4fun	Veterano M40	05:25:50	+03:03:22	13:35
110	117	Ana Barroso	no tomorrow running team	Veterana F45	05:30:01	+03:07:32	13:45
111	26	Mário Araújo	equipa a	Veterano M40	05:31:25	+03:08:57	13:49
112	46	Andreia Sofia Santos Mota	individual	Senior Feminino	05:37:30	+03:15:01	14:04
113	48	Lúcia Soares	individual	Sub 23 Feminino	05:37:30	+03:15:01	14:04
114	94	jose rodrigues costa	individual	Veterano M50	05:37:34	+03:15:05	14:04

NAC Trail
Cucujães
26-maio-2019

Trail Longo — 24 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

	Time	Temperature	Humidity
Start	09:00	-99ºC	-99%
End	14:38	-99ºC	-99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	47	Cristiana Ferreira	Individual	Senior Feminino	03:24:05	+01:01:36	08:30
2	140	Susana Flores	Susana Flores	Senior Feminino	03:36:44	+01:14:16	09:02
3	102	Ana Catarina Venda Feminino Fonseca	NAC TRAIL	Senior Feminino	03:39:05	+01:16:37	09:08
4	114	Dora Dias	No Tomorrow Running Team	Senior Feminino	04:06:47	+01:44:19	10:17
5	45	Ana Luísa	Individual	Senior Feminino	04:12:17	+01:49:49	10:31
6	46	Andreia Sofia Santos Mota	Individual	Senior Feminino	05:37:30	+03:15:01	14:04

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	27	Marcelo Araújo	Focoteam24	Senior Masculino	02:25:48	+03:20	06:05
2	101	Ricardo Almeida	Morcegos Trail	Senior Masculino	02:29:12	+06:44	06:13
3	23	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Senior Masculino	02:40:58	+18:29	06:42
4	61	Ricardo Carreira	Individual	Senior Masculino	02:44:34	+22:06	06:51
5	51	António Pinto	Individual	Senior Masculino	02:45:53	+23:25	06:55
6	106	João Leite	NAC TRAIL	Senior Masculino	03:01:15	+38:46	07:33
7	30	RICARDO RIBEIRO	GINÁSIO FIT4FUN	Senior Masculino	03:13:49	+51:21	08:05
8	56	Carlos Ruben da Rocha Magalhães	Individual	Senior Masculino	03:13:58	+51:30	08:05
9	136	Nuno Teixeira	Sportarc.running	Senior Masculino	03:17:21	+54:53	08:13
10	138	Daniel pereira	Sporting Club Santacruzense	Senior Masculino	03:17:22	+54:53	08:13
11	5	Vitor Pereira	ÁGUEDA ACTION CLUB - ACTIB	Senior Masculino	03:21:20	+58:51	08:23
12	60	marco da silva pinheiro vasconcelos	Individual	Senior Masculino	03:27:30	+01:05:02	08:39
13	50	André Ribeiro	Individual	Senior Masculino	03:31:18	+01:08:50	08:48
14	120	Pedro Rocha	Ofrunning	Senior Masculino	03:31:25	+01:08:56	08:49
15	52	Bruno Almeida	Individual	Senior Masculino	03:38:04	+01:15:35	09:05
16	143	Bruno Moreira	Trailerz	Senior Masculino	03:38:04	+01:15:36	09:05
17	9	Filipe Mota	C.D.C. Paradela	Senior Masculino	03:38:50	+01:16:22	09:07
18	10	Jil Coelho	C.D.C. Paradela	Senior Masculino	03:38:51	+01:16:22	09:07
19	104	Fábio Almeida	NAC TRAIL	Senior Masculino	03:39:06	+01:16:38	09:08
20	107	Pedro Henriques	NAC TRAIL	Senior Masculino	03:42:19	+01:19:51	09:16
21	12	Helder Marques	Caldas S. Jorge Sport Clube	Senior Masculino	03:58:04	+01:35:36	09:55
22	55	Carlos guilherme	Individual	Senior Masculino	04:34:43	+02:12:15	11:27
23	53	Bruno cavadas	Individual	Senior Masculino	04:34:45	+02:12:16	11:27
24	54	Bruno conceiçao	Individual	Senior Masculino	04:34:46	+02:12:17	11:27
25	62	Tiago Ferraz	Individual	Senior Masculino	04:52:06	+02:29:38	12:10
26	63	Tony Lopes	Individual	Senior Masculino	04:52:07	+02:29:38	12:10
27	58	Helder Lopes	Individual	Senior Masculino	04:52:07	+02:29:38	12:10

Trail Longo — 24 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

Sub 23 Feminino

1	48	Lúcia Soares	Individual	Sub 23 Feminino	05:37:30	+03:15:01	14:04

Veterana F40

1	129	Paula Pita	Porto de Mós a Correr	Veterana F40	03:29:21	+01:06:52	08:43
2	64	Fátima Tavares	Individual	Veterana F40	03:47:43	+01:25:15	09:29
3	21	Severina Almeida	Correio de Albergaria Trail Running	Veterana F40	03:56:37	+01:34:09	09:52
4	141	susana castro	Trail Runners Family	Veterana F40	04:00:17	+01:37:49	10:01
5	116	Raquel Vasoncelos	No Tomorrow Running Team	Veterana F40	04:05:23	+01:42:54	10:13
6	37	Catarina Romualdo	GRVilaverdense	Veterana F40	05:04:46	+02:42:17	12:42

Veterana F45

1	108	Dulce Bastos	NAC TRAIL	Veterana F45	03:23:40	+01:01:12	08:29
2	38	paula coto	GRVilaverdense	Veterana F45	03:48:22	+01:25:54	09:31
3	119	Sofia Coelho	Núcleo de Montanha de Espinho	Veterana F45	03:58:52	+01:36:24	09:57
4	32	ANA PISSARRA	Ginásio Fit4fun	Veterana F45	04:01:06	+01:38:37	10:03
5	117	Ana Barroso	No Tomorrow Running Team	Veterana F45	05:30:01	+03:07:32	13:45

Veterana F50

1	7	Conceição Ferreira	AZTrail/Mercentro	Veterana F50	03:37:28	+01:15:00	09:04
2	29	licinia Santos	Garças	Veterana F50	04:24:41	+02:02:13	11:02
3	28	CARMO SILVA	Garças	Veterana F50	04:24:44	+02:02:15	11:02

Veterano M40

1	77	Nelson Costa	Escola Atletismo de Coimbra	Veterano M40	02:22:28		05:56
2	110	João Alves	NAC TRAIL	Veterano M40	02:29:44	+07:15	06:14
3	8	Bruno Silva	BTT ISOLAMAIS	Veterano M40	02:34:48	+12:19	06:27
4	121	António Manuel Esteves Oliveira da Silva	OPraticante.pt	Veterano M40	02:40:38	+18:10	06:42
5	99	David Coutinho	Jobra - Associação jovens da Branca	Veterano M40	02:49:45	+27:16	07:04
6	1	Fernando Lima	NAC TRAIL	Veterano M40	02:54:36	+32:08	07:17
7	6	Antonio fernandes	Amigos do trail	Veterano M40	02:55:15	+32:46	07:18
8	139	José Rosário	Sporting club Santacruzense	Veterano M40	02:56:51	+34:23	07:22
9	122	Bruno Macedo	Os Caga Tacos Running Team	Veterano M40	03:02:04	+39:36	07:35
10	73	Jorge Lopes	Equipa A	Veterano M40	03:03:14	+40:46	07:38
11	132	Luís Costa	Runners do Demo	Veterano M40	03:12:15	+49:47	08:01
12	39	Amilcar Ramos	GRVilaverdense	Veterano M40	03:12:49	+50:21	08:02
13	72	Jorge Gomes	Individual	Veterano M40	03:14:24	+51:55	08:06

Trail Longo

24 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

14	144	André Silva	Viseu Running Team	Veterano M40	03:25:33	+01:03:04	08:34
15	123	Filipe Pinho	Outlaw Runners	Veterano M40	03:41:39	+01:19:11	09:14
16	68	Emanuel Cabeça	Individual	Veterano M40	03:45:41	+01:23:13	09:24
17	41	Paulo Rocha	GRVilaverdense	Veterano M40	03:48:24	+01:25:55	09:31
18	71	Joaquim Baptista	Individual	Veterano M40	03:56:21	+01:33:53	09:51
19	142	Fernando Marques	Trail Runners Family	Veterano M40	04:00:18	+01:37:49	10:01
20	25	Alexandre Pereira	Equipa A	Veterano M40	04:01:08	+01:38:39	10:03
21	127	António Constantino Silva	Perna Manca	Veterano M40	04:12:05	+01:49:37	10:30
22	79	Rui Familiar	Individual	Veterano M40	04:12:06	+01:49:37	10:30
23	11	Manuel Guedes	C.I.A. Alpendorada	Veterano M40	04:19:59	+01:57:31	10:50
24	40	Joel Jacinto	GRVilaverdense	Veterano M40	04:23:01	+02:00:33	10:58
25	80	Sérgio Marco Medeiros Tavares	Individual	Veterano M40	04:24:44	+02:02:15	11:02
26	16	Hélder SILVA	Clube Atletismo Lamas	Veterano M40	04:25:01	+02:02:33	11:03
27	70	Hugo Pinto	Individual	Veterano M40	04:36:37	+02:14:08	11:32
28	67	Edgar Bruno Freitas Câmara	Individual	Veterano M40	04:40:40	+02:18:12	11:42
29	75	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	Individual	Veterano M40	04:58:10	+02:35:42	12:25
30	33	PAULO CORREIA	GINÁSIO FIT4FUN	Veterano M40	05:25:50	+03:03:22	13:35
31	26	Mário Araújo	Equipa A	Veterano M40	05:31:25	+03:08:57	13:49

Veterano M45

1	135	Toze Amorim	Serviços Sociais Câmara Santa Maria Feira	Veterano M45	02:32:55	+10:27	06:22
2	84	Luis Miguel Cunha	Individual	Veterano M45	02:41:22	+18:53	06:43
3	130	Leonel Cordeiro	Porto de Mós a Correr	Veterano M45	03:08:47	+46:19	07:52
4	43	João Filipe Martelo de oliveira	GRVilaverdense	Veterano M45	03:12:48	+50:20	08:02
5	36	LUÍS PINHO	GINÁSIO FIT4FUN	Veterano M45	03:13:50	+51:22	08:05
6	87	Ricardo Rocha	Individual	Veterano M45	03:14:17	+51:48	08:06
7	83	Jorge Nunes	Individual	Veterano M45	03:47:12	+01:24:43	09:28
8	42	Carlos Palaio	GRVilaverdense	Veterano M45	03:48:23	+01:25:55	09:31
9	124	Carlos Couto	Outlaw Runners	Veterano M45	03:53:31	+01:31:02	09:44
10	125	Vitor Folgado	Outlaw Runners	Veterano M45	03:56:00	+01:33:31	09:50
11	89	sérgio pinto almeida	Individual	Veterano M45	03:56:34	+01:34:05	09:51
12	22	Humberto Almeida	Correio de Albergaria Trail Running	Veterano M45	03:57:23	+01:34:55	09:54
13	20	Silvério Oliveira dos Santos	Clube Pessoal Águas Gaia	Veterano M45	03:57:39	+01:35:10	09:54
14	98	JOSE FARO	Javalis - Amizade & Gloria	Veterano M45	04:00:13	+01:37:44	10:01
15	35	LUIS ALMEIDA	Ginásio Fit4fun	Veterano M45	04:01:05	+01:38:37	10:03
16	34	ÂNGELO PINHO	Ginásio Fit4fun	Veterano M45	04:01:06	+01:38:37	10:03
17	18	Carlos Cardoso	Clube Atletismo Lamas	Veterano M45	04:06:48	+01:44:19	10:17
18	19	Fernando Soares	Clube Campismo de S. João da Madeira	Veterano M45	04:15:06	+01:52:38	10:38
19	86	Paulo	Individual	Veterano M45	04:19:28	+01:56:59	10:49
20	17	Américo Manuel Graça Gomes	Clube Atletismo Lamas	Veterano M45	04:25:00	+02:02:31	11:03
21	81	Carlos Lancha	Individual	Veterano M45	05:04:52	+02:42:24	12:42

Trail Longo — 24 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

Veterano M50

1	92	António Pinto	Individual	Veterano M50	02:54:20	+31:51	07:16
2	90	Adriano matias dos santos lima oliveira	Individual	Veterano M50	03:14:26	+51:57	08:06
3	126	Jorge Santos	Outlaw Runners	Veterano M50	03:35:39	+01:13:10	08:59
4	133	Joaquim lobato	Running Espinho	Veterano M50	03:38:07	+01:15:39	09:05
5	96	Paulo Alexandre dos Santos Tavares	Individual	Veterano M50	03:53:35	+01:31:07	09:44
6	44	jf bugalho	GRVilaverdense	Veterano M50	03:58:50	+01:36:22	09:57
7	128	Manuel Constantino Silva	Perna Manca	Veterano M50	04:12:05	+01:49:37	10:30
8	95	Mário Costa Pereira	Individual	Veterano M50	04:14:02	+01:51:34	10:35
9	91	Antero Cunha	Individual	Veterano M50	04:27:50	+02:05:22	11:10
10	94	jose rodrigues costa	Individual	Veterano M50	05:37:34	+03:15:05	14:04

Veterano M55

1	113	António Fernandes	NAC TRAIL	Veterano M55	03:05:54	+43:26	07:45
2	112	AGOSTINHO COSTA	NAC TRAIL	Veterano M55	03:36:35	+01:14:07	09:01
3	97	Antonio Gonçalves	Individual	Veterano M55	04:12:04	+01:49:35	10:30

Veterano M60

1	131	Manuel Ferreira (ZOLA)	Pupilos Zé TO	Veterano M60	03:06:50	+44:22	07:47

NAC Trail
Cucujães
26-maio-2019

COLETIVO - TRAIL LONGO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	NAC TRAIL	4 + 14 + 17	35
2	GRVILAVERDENSE	24 + 25 + 58	107
3	GINÁSIO FIT4FUN	26 + 27 + 75	128
4	OUTLAW RUNNERS	42 + 53 + 61	156
5	EQUIPA A	19 + 78 + 111	208
6	NO TOMORROW RUNNING TEAM	79 + 80 + 110	269
7	CLUBE ATLETISMO LAMAS	81 + 95 + 96	272